

# **INTEGRITY AND CLUB SERIES CROSS-TRAINERS**

**CLSX & CSX ASSEMBLY INSTRUCTIONS**

M051-00K61-C131



**Life Fitness**  
WHAT WE LIVE FOR

***Congratulations...***

***and welcome to the world of***

***LifeFitness***

The following Component List and the step-by-step assembly procedures have been developed to make the set-up of the Cross-Trainer as quick and easy as possible.

Please take special note of the following important points prior to choosing a location and beginning assembly of the Cross-Trainer.

## IMPORTANT SAFETY INSTRUCTIONS!

- **DO NOT** locate the Cross-Trainer outdoors, near swimming pools, or in areas of high humidity.
- **DO NOT** operate your Cross-Trainer if it has been dropped, damaged, or even partially immersed in water. If this occurs, contact Life Fitness Customer Support Services at the number in the Operation Manual.
- **DO NOT** locate the Cross-Trainer any closer than 30 inches (76 cm) to a television set.
- **DO NOT** locate additional Cross-Trainers any closer than 42 inches (107 cm) from center to center to avoid interference (cross talk) between heart rate monitors.
- **DO** keep the area around your Cross-Trainer clear of any obstructions, including walls and furniture. Ensure that there is at least a 12 inch (30 cm) clearance in front of the Cross-Trainer.
- **DO** verify the contents of the delivery carton against the accompanying parts list prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Service at the number listed in the operation manual. Save the shipping cartons in case of return.
- **DO** read the entire Operation Manual prior to attempting to operate this machine as this is essential for proper use.

## CONSIGNES DE SECURITE IMPORTANTES!

- **NE** placez pas l'appareil à l'extérieur, près d'une piscine ou dans un endroit très humide.
- **NE** faites pas fonctionner l'appareil s'il est tombé, s'il a été endommagé ou s'il a été partiellement plongé dans l'eau. Si cela s'est produit, contactez le service après-vente de life fitness au numéro fourni dans le manuel d'utilisation.
- **NE** placez pas l'appareil à moins de 76 cm d'un poste de télévision.
- **NE** placez pas d'autres appareils du même type à proximité. Un espace d'au moins 107 cm doit être observé entre les parties centrales de deux appareils afin d'éviter les interférences entre les contrôleurs de rythme cardiaque.
- **MAINTENEZ** la zone autour de l'appareil libre de toute obstruction, y compris murs et meubles. Veillez à laisser un dégagement d'au moins 30 cm devant l'appareil.
- **VÉRIFIEZ** si l'emballage contient toutes les pièces de la liste jointe avant de le mettre de côté. Si des pièces sont absentes, contactez le service après-vente de life fitness au numéro indiqué dans le manuel d'utilisation. Conservez l'emballage au cas où vous devriez renvoyer l'appareil.
- **LISEZ** le manuel de l'utilisateur tout entier avant d'essayer de faire fonctionner cet appareil. Ceci est indispensable à son utilisation correcte.

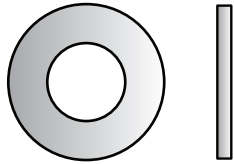
## COMPONENT LIST

#	Part Description	Qty.	#	Part Description	Qty.
1	Hex Socket Head Cap Screw 3/8-16 X 1" 0017-00101-1645	8	2	Phillips Pan Head Screw #8-18 X 3/4" 0017-00101-1744	4
3	Phillips Pan Head Pointed Screw #8-18 X 3/4" 0017- 00101-1242	18	4	Console Assembly <i>(shipped separately)</i>	1
5	Front Monocolumn Cover	1	6	Back Monocolumn Cover	1
7	Console Support Assembly	1	8	Flat Washer 0017-00104-0192	2
9	Left Front Cover	1	10	Right Front Cover	1
11	Left User Arm Assembly	1	12	Right User Arm Assembly	1
13	Front Rocker Cover	2	14	Back Rocker Cover	2
17	Accessory Tray	1	18	Internal Tooth Lock Washer 0017-00104-0450	6
19	Cap: Console Support	1	20	Grommet 0017-00042-0754	4
21	Cap Screw T-27 0017-00101-1746	4	22	Cup	1
23	Pad	1			

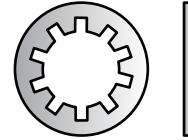
### Tools Required for Assembly

- Magnetic #2 Bit Phillips Screwdriver
- 5/16" Hex Key Wrench
- T-27 Torx Key Wrench

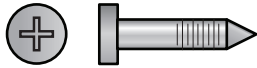
# HARDWARE



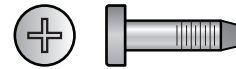
FLAT WASHER (#8)



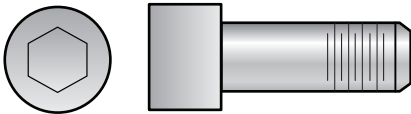
INTERNAL TOOTH LOCK WASHER (#18)



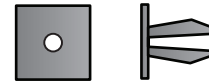
#8-18 X 3/4" PHILLIPS PAN HEAD  
POINTED SCREW (#3)



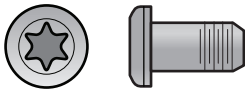
#8 -18 X 10 PHILLIPS PAN HEAD SCREW (#2)



3/8 -16 X 1" HEX SOCKET HEAD CAP SCREW (#1)



GROMMET (#20)



CAP SCREW T -27 (#21)

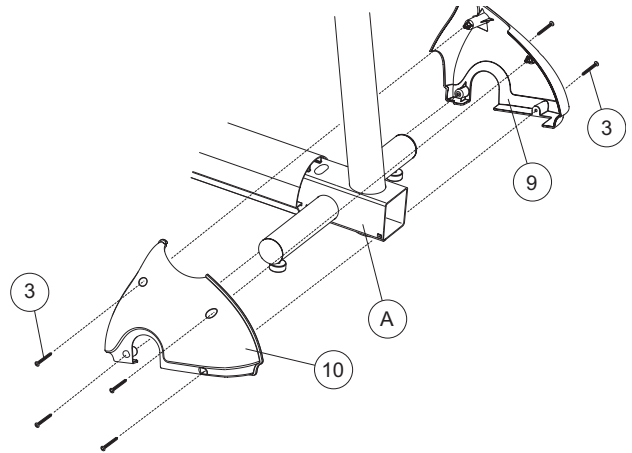
## IMPORTANT!

DO NOT DISCARD THE SHIP KIT LOCATED ON TOP OF THE PEDAL LEVERS. ALL NECESSARY COMPONENTS NEEDED TO COMPLETE THE INSTALLATION ARE LOCATED IN THE SHIP KIT.

## IMPORTANTES!

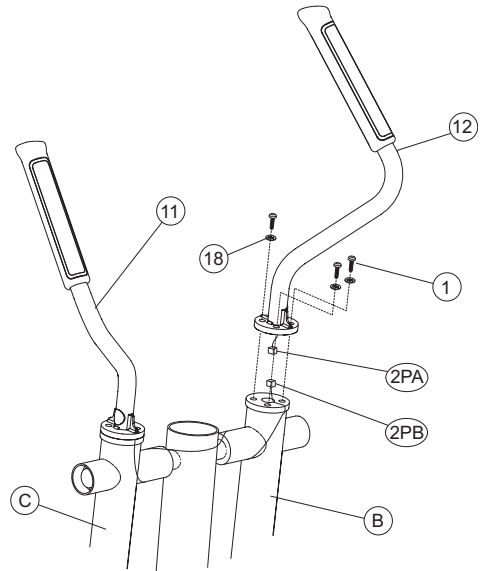
NE JETEZ PAS LE KIT PLACÉ SUR LE DESSUS DES LEVIERS DE PÉDALE. IL CONTIENT TOUS LES ÉLÉMENTS NÉCESSAIRES POUR L'INSTALLATION.

1. Before proceeding, familiarize yourself with the parts of the Cross-Trainer and make sure that you have received all the items described in the Component List.
2. Locate the left and right FRONT COVER (9 & 10). Using two PHILLIPS PAN HEAD POINTED SCREWS (3), mount the LEFT FRONT COVER (9) to the FRAME (A). Attach the RIGHT FRONT COVER (10) to the FRAME in the same manner using two PHILLIPS PAN HEAD POINTED SCREWS (3). Secure the tops of the FRONT COVERS together using two PHILLIPS PAN HEAD POINTED SCREWS (3).



**CAUTION:** Do not overtighten the PHILLIPS PAN HEAD POINTED SCREWS (3).

3. Locate the RIGHT USER ARM (12). Snap the 2-PIN CONNECTOR (2PA) located at the bottom of the RIGHT USER ARM into the 2-PIN CONNECTOR (2PB) positioned at the top of the RIGHT ROCKER ARM (B). Feed the connectors and excess cable up into the RIGHT USER ARM. Secure the RIGHT USER ARM to the RIGHT ROCKER ARM using three HEX SOCKET HEAD CAP SCREWS (1) and three INTERNAL TOOTH LOCK WASHERS (18). Repeat the procedure for the LEFT USER ARM (11) and LEFT ROCKER ARM (C). Tighten all screws securely.

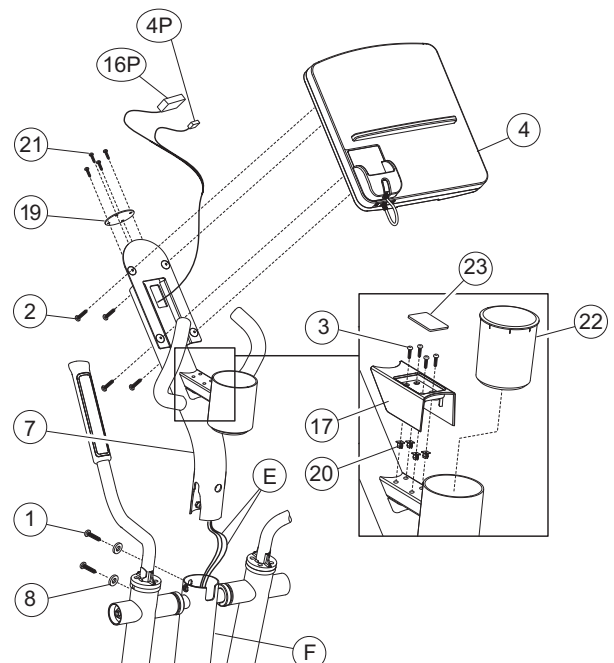


**CAUTION:** Be careful not to pinch the WIRE HARNESSES when assembling the USER ARMS (11 & 12) to the ROCKER ARMS (B & C).

4. Detach and unwrap the WIRE HARNESS (E) (16P, 4P) located at the top of the MONOCOLUMN (F). Holding the CONSOLE SUPPORT ASSEMBLY (7) with the handgrips facing upward, feed the WIRE HARNESS up through the neck and out the top access hole. Carefully lower the CONSOLE SUPPORT ASSEMBLY into the MONOCOLUMN.

**CAUTION:** Be careful not to pinch the WIRE HARNESSES (E) when assembling the CONSOLE SUPPORT ASSEMBLY (7) to the MONOCOLUMN (F).

5. Using two HEX SOCKET HEAD CAP SCREWS (1) and two FLAT WASHERS (8), secure the CONSOLE SUPPORT ASSEMBLY (7) to the MONOCOLUMN (F). Tighten the SCREWS securely.
6. Insert the GROMMETS (20) into the four holes on the CONSOLE SUPPORT ASSEMBLY. Locate the ACCESSORY TRAY (17). Align the ACCESSORY TRAY with the four holes on the CONSOLE SUPPORT ASSEMBLY. Using four PHILLIPS PAN HEAD POINTED SCREWS (3), secure the ACCESSORY TRAY to the CONSOLE SUPPORT ASSEMBLY as shown. Tighten the SCREWS securely.



**CAUTION:** Do not overtighten the PHILLIPS PAN HEAD POINTED SCREWS (3).

7. Remove the adhesive back and install the PAD (23). Install the CUP (22).

8. Attach the 4-PIN (4P) and 16-PIN (16P) CONNECTORS to the corresponding JACKS on the back of the CONSOLE ASSEMBLY (4).
9. Feed any excess WIRE HARNESS (E) down into the CONSOLE SUPPORT ASSEMBLY (7). Secure the CONSOLE ASSEMBLY (4) to the CONSOLE SUPPORT ASSEMBLY using four PHILLIPS PAN HEAD SCREWS (2). Tighten the SCREWS securely.

**CAUTION:** Do not over-tighten the PHILLIPS PAN HEAD SCREWS (2).

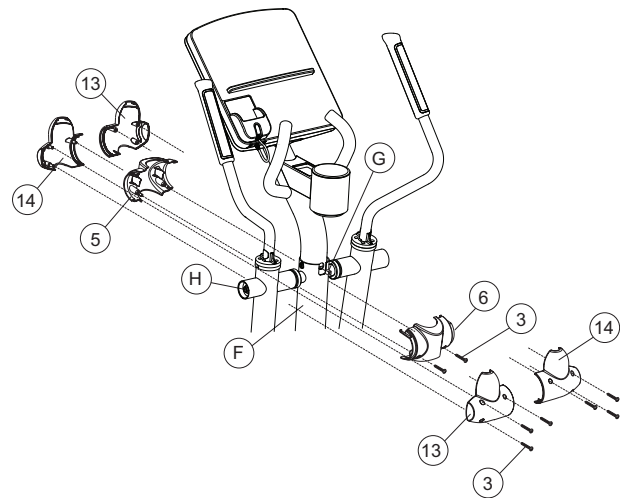
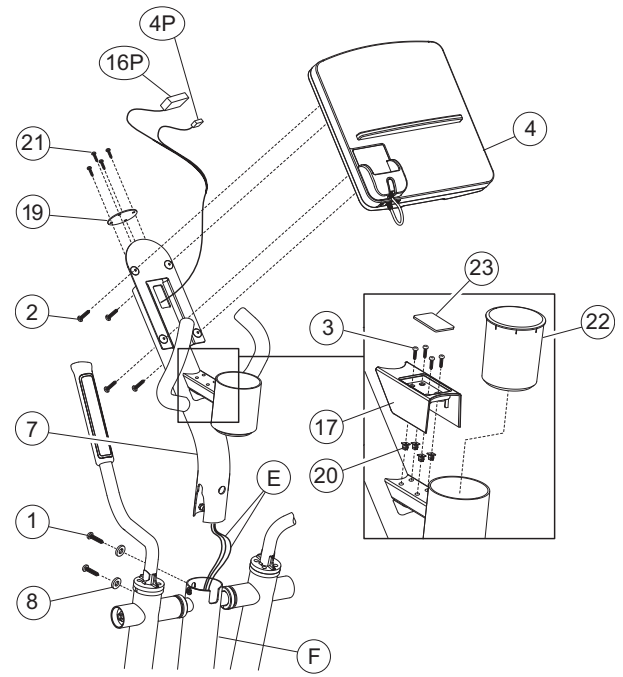
**CAUTION:** Be careful not to pinch the WIRE HARNESS (E) when assembling the CONSOLE ASSEMBLY (4) to the CONSOLE SUPPORT ASSEMBLY (7).

10. Locate and install the CONSOLE SUPPORT CAP (19) onto the CONSOLE SUPPORT ASSEMBLY (7) as shown using four CAP SCREWS (21).
11. Place the BACK MONOCOLUMN COVER (6) over the PIVOT SHAFT (H) at the top of the MONOCOLUMN (F).
12. Place the FRONT MONOCOLUMN COVER (5) on the opposite side of the BACK MONOCOLUMN COVER (6) to cover the PIVOT SHAFT (G) and CONSOLE SUPPORT ASSEMBLY MOUNTING SCREWS. Interlock the top tabs and use two PHILLIPS PAN HEAD POINTED SCREWS (3) to secure the bottoms of the MONOCOLUMN COVERS together. Tighten the SCREWS securely.

**CAUTION:** Do not over-tighten the PHILLIPS PAN HEAD POINTED SCREWS (3).

13. Locate one FRONT ROCKER COVER (13) and one BACK ROCKER COVER (14). Position the FRONT ROCKER COVER over the user side of the left end of the PIVOT SHAFT (H) (*as shown*) making sure that it interlocks with the MONOCOLUMN COVERS (5 & 6). Place the BACK ROCKER COVER over the opposite side of the left end of the PIVOT SHAFT in the same manner. Secure the COVERS using three PHILLIPS PAN HEAD POINTED SCREWS (3). Repeat the procedure reversing front and back for the user right end of the PIVOT SHAFT.

**CAUTION:** Do not over-tighten the PHILLIPS PAN HEAD POINTED SCREWS (3).



## PRE-OPERATION CHECKLIST

- ✓ Ensure that all fasteners are tight.
- ✓ Make sure the Cross-Trainer is properly leveled and stable.  
(Refer to the Cross-Trainer model's corresponding Operation Manual.)
- ✓ Ensure that the Leveler Jam Nuts are tight. (Refer to the Cross-Trainer model's corresponding Operation Manual.)
- ✓ Read the entire Operation Manual before using the Cross-Trainer.

## LISTE DES VÉRIFICATIONS À EFFECTUER AVANT LA MISE EN MARCHÉ

- ✓ Vérifiez si tous les dispositifs de fixation sont serrés
- ✓ Vérifiez si l'APPAREIL D'EXERCICE POLYVALENT est de niveau et stable. (Référez-vous au manuel d'utilisation.)
- ✓ Vérifiez si les contre-écrous des vérins de mise à niveau sont serrés. (Référez-vous au manuel d'utilisation.)
- ✓ Lisez le manuel d'utilisation dans son intégralité avant d'utiliser l'appareil d'exercice polyvalent.

Before attempting to operate your Cross-Trainer, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your Cross-Trainer does not behave as described in the OPERATION MANUAL contact Life Fitness Customer Support Services at 800.735.3867 (*toll-free within U.S.A., Canada*). Refer to the OPERATION MANUAL for a contact list of International Offices. Prior to your call, please be sure you have located and noted the **MODEL NUMBER & SERIAL NUMBER**. The Model & Serial number information of your Life Fitness Cross-Trainer is listed on a label located on the front stabilizer.

<b>Physical Dimensions</b>		
Length:	81 ¾ in. (207.65 cm.)	
Width:	28 in. (71.12 cm.)	
Height:	65 in. (165 cm.) <i>with console</i>	
Weight (CLSX):	239 lbs. (108.41 kg.)	243 lbs. (110.22 kg.) <i>with console</i>
Weight (CSX):	232 lbs. (105.24 kg.)	236 lbs. (107.05 kg.) <i>with console</i>
<b>Shipping Dimensions (<i>without console</i>)</b>		
Length:	80 in. (203 cm.)	
Width:	28 in. (71 cm.)	
Height:	47.5 in. (121 cm.)	
Weight (CLSX):	303 lbs. (137 kg.)	
Weight (CSX):	296 lbs. (134.27 kg.)	